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A carrier mount for a personal electronic device has a pouch to hold the device, and an opening through which the device may be introduced into the interior of the pouch. The pouch is securable to a frame of an exercise apparatus with a releasable securing collar which is preferably adjustable to secure to frames of differing dimensions. The pouch is preferably padded and water resistant.

Figure 1 consists of 12 sub-diagrams labeled (a) through (l), illustrating the temporal evolution of a vortex structure. Each diagram shows a cross-section of a fluid with a central vortex core. (a) shows a single, compact vortex core. (b) through (d) show the vortex core elongating and developing a secondary core. (e) through (g) show the formation of a secondary vortex core. (h) through (j) show the secondary core growing and the primary core shrinking. (k) and (l) show the final state with two distinct vortex cores.